

What is the Bounce Back Group?

Bounce Back is a group intervention for children and adolescents exposed to stressful and traumatic events. With 20-50% of children experiencing trauma within their families, at their schools, and in their communities, it's essential to help children heal. Bounce Back teaches students ways to cope with and recover from traumatic experiences, so they can get back to doing what they want to do and need to do.

Who is eligible for this group?

Children involved with DCS who have been exposed to at least one traumatic event. Each child will be screened to determine if they are appropriate for the group.

Each Bounce Back group focuses on the skills of emotion regulation for both children and adolescents, with the understanding that as a child develops it is difficult to control and understand our feelings during that can be out of our control.



South Tucson Clinic
502 W. 29th Street • Tucson, AZ 85713



Grant Road Clinic
1141 W. Grant Rd. #100 • Tucson, AZ 85705

Please contact Dr. Sanchez for any questions regarding the groups and to submit referrals.

Katherine.Sanchez@lafrontera.org;
(520) 838-3895.

Children who are enrolled in another agency can attend our groups at La Frontera. Please contact Marcie Carrillo, Clinical Coordinator-Specialty Provider Liaison (mcarrillo@lafrontera.org, 520-838-3819) for more information about how to submit a referral for a child not enrolled at La Frontera.



LA FRONTERA CENTER, INC.

Bounce Back

Groups for Children

Involved with DCS/CPS

Help Children/Adolescents to:

- Increase their emotion expression and identification skills
- Learn how to cope with stressful events
- Change unhelpful thoughts
- Promote positive behaviors
- Learn how to problem-solve
- Process their trauma in a safe and supportive environment

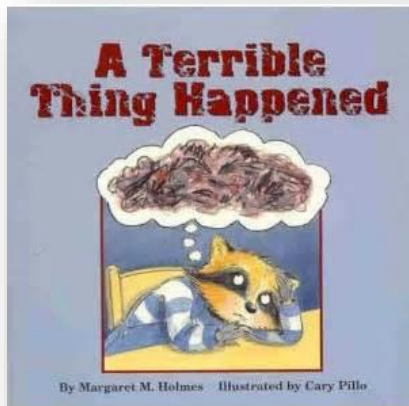


What is the Mission of the Bounce Back Groups?

To develop a model of group intervention to better serve the children in the DCS system who are undergoing the transition from home to DCS placement during the dependency process.

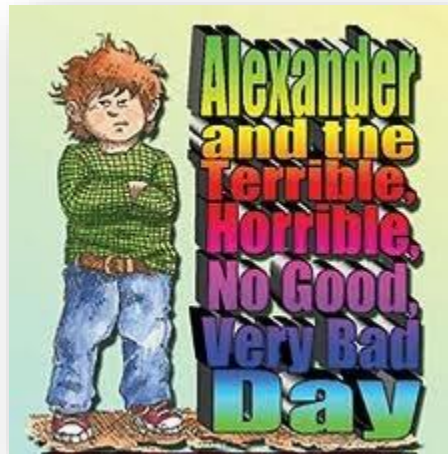
When are the groups held?

- **Children 5-7 years old:**
Tuesdays 4-5pm, Child & Family center
- **Children 8-10 years old:**
Tuesdays 4-5pm, Main clinic & Grant clinic
- **Adolescents 11-14 years old:**
Mondays 4-5pm, Main clinic



Bounce Back Session Topics:

- Common reactions to trauma
- Relaxation strategies
- Dealing with grief and loss due to parent-child separations
- Taking control over your unhelpful thoughts
- Healthy emotion expression
- Helpful thinking
- Telling trauma story in a safe environment
- Learning how to problem-solve
- Overview of DCS system



Objectives of the Bounce Back groups:

- Provide developmentally appropriate psychoeducation about the prevalence of trauma and common reactions in children
- Help children identify and label feelings and implement a plan for positive activities
- Apply developmentally appropriate relaxation training
- Help children construct a trauma narrative
- Create a gradual exposure hierarchy to help students return to previous levels of functioning
- Use courage thoughts as cognitive therapy to combat negative thoughts
- Help children apply developmentally appropriate problem-solving techniques to problems